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COME TO A PIZZA PARTY

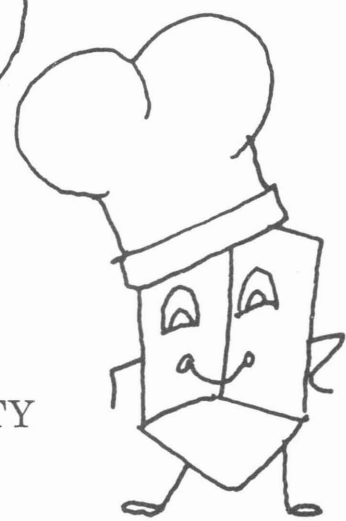
Guillermina Valdez*

Gather your friends together for a do-it-yourself pizza party. At this party everyone makes his own mini pizza.

Be sure to invite the key nutrients. They can help you plan a party the TEXAS 4 way.

Parties are fun anytime, but they are even more fun when planned for a special reason . . . It could be an after-school party, a birthday or holiday party or a special party for all your friends.

Here is the menu for the pizza party. Does it follow the Texas 4 plan? _____.



Let everyone be a chef and help make the PARTY PIZZA

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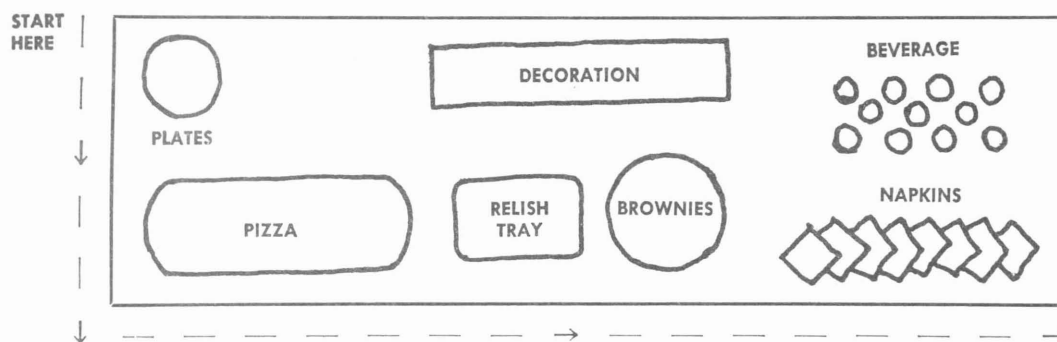
Here is what you will need:

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| $\frac{1}{2}$ pound pork sausage, ground beef or canned meat | $\frac{1}{4}$ cup nonfat dry milk |
| $\frac{1}{4}$ cup chopped onion | 4 to 6 tablespoons water (to make soft dough) |
| $\frac{1}{4}$ teaspoon garlic powder or 1 small clove minced garlic | 1 cup tomatoes (drained and mashed) |
| $\frac{1}{4}$ teaspoon salt | or one 6 oz. can tomato paste |
| 2 cups all purpose mix (do not pack) | 1 cup grated cheese |

Then do this:

- Brown meat in a skillet. Add chopped onions and cook until onions are clear in color.
- Pour off grease. Add salt and garlic to meat.
- Combine mix, dry milk and water to make dough. Place on waxed paper. Knead 6 times.
- Roll out dough on a lightly-floured board into a 12 by 10-inch rectangle or 11-inch circle or cut into small circles for mini pizza.
- Place on a baking sheet or other flat pan. Roll up edges of dough to hold in filling.
- Spread tomatoes on dough, then top with meat, cover with cheese.
- Bake in a very hot oven (450 degrees F.) 10 to 15 minutes.
- Cut into squares or triangles. Serve immediately. Serves 4.

Let everyone serve themselves . . . This is called BUFFET SERVICE.



Did your PARTY PIZZA taste good? Yes_____ No_____.

What key nutrients are in the PARTY PIZZA?_____.

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